

WILIMANTIC

NORWICH BULLETIN

Willimantic Office
21 Church Street Telephone 1062

What is Going On Tonight
Board of Directors of the
Eastern Star Lodge, No. 44, A. F. and
A. M. meeting at Masonic hall, Main
street.

Over two hundred members of Willimantic Chamber of Commerce attended the meeting Tuesday evening when Governor Everett J. Lake and State Tax Commissioner William H. Blodgett were guests and speakers. At 6:30 o'clock a fine supper was served by the Girls' Primary society of the St. Paul's Episcopal church. The menu was as follows:

Grasshopper
Native Chicken, a la King
Mashed Potatoes
Coffee
G. F. S. Salad
Ice Cream
Food Ginger Ale

The hall was effectively decorated with draped flags, and every table bore a centerpiece of flowers and plants. The meeting was called to order by President Charles W. Hill and reports were read and accepted. Harry W. Blodgett, chairman of the summer outing committee, called upon President Charles W. Hill to explain about the outing to be held at Storrs, June 29th. President Blodgett extended a welcome to the members, their wives and young women friends which was accepted. It was also voted to hold a clam-bake during the summer.

W. C. Norris, chairman of the entertainment committee, presented as the first speaker of the evening Hon. Everett J. Lake, governor of Connecticut. Governor Lake paid tribute to the work done by the Connecticut Agricultural college in this state. In speaking of taxes, Governor Lake said that the greatest trouble confronting the nation today was the continual mortgaging of future generations by not paying bills as the government was doing. Connecticut, however, is not doing this, but pays as the year goes by. Chambers of Commerce where men of different walks of life meet and publicly discuss civic problems have done much good for the state and nation. From the rule of one man, obtained through strength we have come down to a government where the people elect their representatives, and thus keep a finger on the pulse of the government. Disarmament talk is heard on every side, but the time is not yet and will not come until the people of the world are the real rulers. No people want war; the workers and home people want peace for it means the destruction of their homes and the breaking up of communities.

All organizations, like the Chamber of Commerce and other organizations working for the betterment of the land, are here to stay and this is a forward step in self government and tends toward self government. In closing Governor Lake stated that nations cannot fall when people take interest in the welfare of the nation and through concentrated action bring about better conditions and better laws for their respective governments.

Mr. Norris, prior to presenting Commissioner Blodgett, stated that word had been received from James E. Bennett of New York that he would be unable to speak to the chamber because of illness. Commissioner Blodgett in his opening words, also paid tribute to the Chamber of Commerce, stating that the good desired from the organization is always visible in the city, but shows itself in better civic government, state and national government.

Taking up for subject of Taxes Commissioner Blodgett stated that the tax designer did not exist, but there were those who, as the boys say, shade it pretty close. Taxes take in Connecticut.

out he said. In 1912 the state spent six and one-half millions annually and in 1921 spent nineteen and one-third millions, an increase of over 300 per cent. In other words from Connecticut's first existence until 1912 the state had only gone to a point where it took less than seven millions a year to pay expenses, but in the last nine years the state had piled up expenses over three as great. These are the facts. When communities were first settled there was no connection between towns, hence little call for state roads and bridges. The insane asylums were not run as today, proper care of the insane was not given, child welfare bills had been passed. No state institutions had been furnished for inmates or had been started. These are the facts and if the citizens want such good public measures continued, they must continue to pay taxes for the same.

Taking up taxation in Windham, Commissioner Blodgett said that 72.69 per cent of the taxes raised was from real estate, 27 plus from personal property and only 23-100 of 1 per cent from tangible property. This was not a fair adjustment and tangible property should be assessed at a much higher rate. The tax on real estate is the greatest burden the average man now carries. Everyone hopes to own a home some day, but taxes have risen to such a point that many cannot afford to do this. The tax on personal property of merchants, automobiles, and manufacturers shows that Windham is getting a fair return. The inheritance tax shows that although only 38 per cent of inherited goods is in real estate, it carries \$2.49 per cent of the tax.

Since 1915 the tax of Windham has grown from eighty-eight millions plus to over one hundred and sixty millions plus. The Willimantic tax rate has gone from sixty-one millions plus to one hundred and sixteen millions plus. Cities however, are not alone in feeling the burden because a farm has gone on the market because the taxes are more than the profits derived from the farm. What every town needs is a fair tax on real estate, but not the burden on some other tax. Our tax system in 1921 today were drawn up to a great extent many years ago by pioneers in the tax game and business changes have brought about the need of revision of taxes for a fairer distribution of the tax burden.

Several questions relative to the personal tax of the state and relative to the income tax were asked. Commissioner Blodgett stated that this kind of a tax was a good thing and would mean that town taxes to the state would be taken up with the state. In the building went out several times, remaining out the greater part of the time during the talk of Governor Lake.

Governor Lake and Commissioner Blodgett were given a rising vote of thanks for their addresses. During the evening the claret light in the building went out several times, remaining out the greater part of the time during the talk of Governor Lake.

The weekly meeting of the Willimantic Rotary club held Tuesday was attended by over 25 per cent of its membership. Visitors including Sidney Ailing of the New London Rotary club, and A. Newton Vaughn, and John Lynch of Putnam, and Rev. Harry S. McCready of this city. Mr. Vaughn spoke briefly about golf and stated that it was a pleasure to hear that Willimantic was to enter the field with a golf and country club of its own. The resignation of Albert W. French as an active member of the club was accepted with regrets. Frank H. Ross and Charles W. Hill were appointed a committee to take up with International Rotary the question of his being eligible to hold an associate member's classification.

Harry W. Standish, chairman of the entertainment committee, announced that names would be drawn for brief life sketches by the members. Maurice S. Leonard was chosen to speak of the next weekly meeting and Fred D. Jordan was picked to make a presentation speech, following Mr. Leonard's talk.

James B. Fullerton read a communication from the Highway Commissioner C. E. Bennett received in response to a letter sent out by Augustus Green, of the civic committee. Commissioner Bennett said that arrangements were being made to place a light on the Willimantic and Norwich highway, at the corner near the railroad station at South Windham.

Reports of the re-districting of New England were read and it was the consensus of opinion that the re-districting had been poorly made and did not make matters better for club. It was suggested that the districts be made by having a line drawn east and west through Massachusetts, clubs in the north being in one district and those to the south in the other, thus bringing the clubs nearer together for conventions.

As all Rotary clubs are liable to lose their membership in Rotary if they fail to send a delegate to the international convention at least every two years.

President Valentine Murphy, Secretary Charles Hill, and Treasurer Herbert Hill were instructed to notify international headquarters of Willimantic's position in the two conventions held during the evening of the club and that plans would be made to send a delegate to the 1922 convention.

Rev. H. S. McCready was presented and spoke briefly on "Boys." Every boy, said Mr. McCready, should be taken seriously but not too seriously. The old belief that the boy when young was preparing himself to live in the future, the boy is living, all the time and has his opinions of what is right and what is wrong. He may have the judgment of an older man, not the experience in life, but he is learning. He should be taught that the body is a helmsman for the soul, just as the soul is a helmsman for the body. All boys are super-sensitive; they are great critics, but dislike to be criticized. A boy is like a ship newly launched, that needs a trial trip to find itself and settle. The boy makes his mistakes, profits by them and reaches out higher. This tendency in every boy should not be held down but boys should be a real man, clean in mind and body. The boy presents his worst side to make others think that is the real boy, but often he is opposite to what he tries to make out. Rev. Mr. McCready was given a rising vote of thanks. The meeting closed with the singing of the Star Spangled Banner.

Tuesday morning at St. Mary's church, Harry Patterson of Hartford and Miss



Satisfies the sweet tooth, and aids appetite and digestion.

Cleanses mouth and teeth.

A boon to smokers, relieving hot, dry mouth.

Combines pleasure and benefit.

Don't miss the joy of the WRIGLEY'S new P-K—the sugar-coated peppermint tid bit!



Save the wrappers
Good for valuable premiums

Delicious Food Builds Nerve and Gland Power

All the vitamins, soluble proteins, phosphates and mineral salts of 12 pounds of yeast are concentrated into one pound of Vegex—a delicious savory food.

WHY has one woman the beauty of health and abounding vitality, when another, with an almost equal natural physique seems lacking in charm?

Why has one man masculine energy, driving will, the power to act and succeed, when another man lacks the buoyant strength to influence and to hold others?

These old questions have now in part been answered by science: The epoch making discovery of vitamins!

Now you too may hope to glow with the beauty of health, the charm of a clear complexion, a firm and rounded figure. Now your husband can hold—or regain—the vigor and

energy of youth;—and your children can grow into attractive men and women.

At one half the cost, you can serve better meals than ever before, more delicious meals, more appetizing, genuinely richer meals.

This is no exaggeration. It has already been proven.

Madam, if you will select the foods for your family in such a way that the proper supply of vitamin will be on the table at every meal you will be surprised at the change inside of three days.

Eat vitaminous foods and see. See the glow of health in your own face, firmer flesh, rounded figure, freedom from fat.

Vegex—the delicious and richest of Vitamin foods

An appetizing extract of highest quality yeast—1 lb. from 12 lbs. of yeast

What Is Vegex?



At drug stores and grocers—5c, 10c, 25c, 50c, \$1.00 sizes

Vegex is the purest of pure foods—protein, fat, and mineral salts made from an especially rich quality of yeast. From twelve pounds of this yeast one pound of Vegex is extracted. This leaves a product that is 85% protein with fat, and rich, valuable mineral salts for the body—with an enormous concentration of Vitamin B. The objectionable qualities of yeast as a food—its odor and taste and its fermentative action—have been taken away, leaving a perfectly delicious food.

Vegex is the same substance which under another name was used by the British Government during the war to feed the soldiers who had suffered vitamin starvation.

In Kut in Mesopotamia the British troops had been besieged by the Turks for several weeks. The rations consisted of canned food and white flour. Beri beri, scurvy, and other nutritional diseases had attacked the British troops. The soldiers were incapacitated by thousands. We now know this had been caused by vitamin starvation.

The British government knew the value of vitamins. It sent seven bombing planes to the rescue of the troops in Kut. These planes did not carry bombs, however. They carried Vegex—known in England as Maltin—the vitamin extract richest of all foodstuffs known to

science in the previous vitamin B. Small packages of Vegex were dropped over the besieged area. The soldiers ate the Vegex their starved bodies so sorely needed and the lack of which was producing such dreadful results. Within four weeks every trace of the diseases which had threatened their lives disappeared.

Vegex was also used by the British Government to cure nutritional diseases at Gallipoli. In fact, during the period of the war even the American market was entirely drained of all its small supply of Vegex. For the British Government commandeered—and bought—almost the entire world's output. It knew the unique value of vitamins in fortifying against disease and in increasing vitality and health. Now this food, which has saved thousands of lives, is offered to you. Vegex would be to the regular diet of every family.

The British Government Report says: "Vitamin B is necessary to promote growth in children and Vegex is rich in this vitamin, one pound of which is made from 12 pounds of the richest brewer's yeast. It is the richest foodstuff in Vitamin B known to science. It is a food, not a drug. And it is delicious to taste, can be served in 50 different ways—as a bouillon, as a dressing in soups, gravies, relishes, as spread with or without butter on bread.

Vitamin Contents Certified

"Our feeding tests show VEGEX to be the most potent carrier of the water soluble B vitamin we have ever seen. The Christian Vitafood wafers show a higher vitamin potency than milk and many times more potency than baker's yeast. They are particularly rich in the fat soluble A and the water solubles B and C."

(Signed) Prof. LEWIS B. ALLYN
Director of the Westfield Testing and Research Laboratories, Westfield

The Need of Vitamins

Vitamins are positive constructive forces, therefore—lack of them causes disease.

Avoid Defects, Eat YOUR supply of Vitamins in FOODS.

Sour Stomach, Robert McCarrison of the Royal College of Physicians, London, says: "Vitamin deficiency causes indigestion, constipation, nervous disorders, vague ill health, nervousness and other symptoms that can be prevented or overcome, simply by supplying vitamins." In Northern India he found no appendicitis among the natives who ate foods rich in vitamins.

Constipation Without Vitamin B the ganglia and striped muscles of the colon lose their power to move the bowel content. Constipation disappears with a properly selected vitamin rich diet.

Tired feeling and nervous exhaustion When food is deficient in Vitamin B, the body mines this from the nerves and glands. Nervous irritability, insomnia and lowered vitality result, which can be overcome by a few day's use of foods containing Vitamin B in large quantities.

Skin troubles Vitamin B aids the formation of white blood corpuscles, "the policemen of the body," which prevent infection and boils.

Tooth decay Teeth and bones are built from within by layers of living cells which depend upon vitamins for their power to deposit lime and bony structure. When foods are vitamin poor your teeth grow soft and easily decay. Delayed teething in children, bow legs, flat feet, rickets, (see Dr. Frank E. Peckham, Journal of the American Medical Association for 1921, page 1817) are due to shortage of vitamins. For pyorrhea in this connection read the report of Dr. Percy Howe of Harvard University (sent free on request to dentists and physicians by the Vitamin Research Association).

Other Certified Vitamin Foods

Vegex Almonds are brown nut shaped pure food compounds, highly potent in all the three vitamins. Mild in fat soluble A rich and strong in vitamins B and C. Eat them instead of nuts. They are potent in the fat soluble Vitamin A of cream. B of Vegex and C of citrus fruits. They are delicious—a new delicacy with all the value and none of the drawbacks, indigestibility, greasiness of the heavier food, nuts.

Vitafood is a fruit, cereal and nut product exceedingly high in all four vitamins. It is composed of uncooked fruit pulp, cereal extracts and concentrates of vegetable oils of growth, depending on natural sugars for sweetness. Contains not less than 35% of the most valuable organic mineral salts of iron, calcium, potassium, sodium and organic phosphates.

Vitafood is as palatable and pleasant to eat as fine candy. It has none of the disadvantages of yeast such as disagreeable taste, stomach and intestinal fermentation.



Vegex as a Bouillon

A third of a teaspoonful makes a most appetizing cup of soup, tremendously rich in vitamins. Its refreshing effect on the whole system, especially the nerves, is noticeable after the briefest use. The bouillon has an unusually appetizing meat flavor although entirely of one-cell vegetable origin.

Strength according to taste; and according to strength the bouillon will cost five to ten cents a cup. A tiny quantity of Vegex added to soups and gravies gives a delicious flavor.



Vegex As a Spread on Bread

With or Without Butter

A delicious vegetable sandwich that satisfies the craving for meat andwiches. Whole wheat bread is preferable. But since Vegex is full of Vitamin B concentrate your use of eggs which, eat white bread with the spread and get the needed food constituents.

Use Vegex Instead of Tea and Coffee

By drinking Vegex bouillon you will find almost at once, at the first (surely the second or third meal) that you crave less tea or coffee, less or none at all. You will find that Vegex is a high vitamin content for your children's food. By using Vegex in their soups, their sandwiches, their gravies, there are so many ways to utilize this invaluable food product.

Testimonials

A New York Woman Writes—

I wish to express to you the great satisfaction which I feel in using Vegex in the daily diet of my two children.

Since reading the findings of the Vitamin Institute, I have taken the greatest pains to insure a high vitamin content for my children's food. By using Vegex in their soups, their sandwiches, their gravies, there are so many ways to utilize this invaluable food product.

Yours for increasing success,
(Signed) MARGARET HATFIELD

From Buffalo

Will you kindly advise me where I can purchase VEGEX? It is a wonderful builder and my Father and Mother have been using it and wish to continue its use. It practically saved the life of my little nephew also. Why don't you advertise it widely now when there has been so much gripe and people need something like this to build them up and bring back the pep they need in the Spring. My brother is quite enthusiastic over it and tells Vegex to everyone.

Will you kindly place it in Buffalo so that we can get it and tell our friends where to purchase it.

Try a Week's Supply (at our risk)

The Vitamin Food Company guarantees:

Within a week (and we might say, within three days) the value of these vitamin foods will prove itself within the family:—

Your meals will cost less and be more appetizing. Because you are serving real food, the life of food.

The children will show unusual health and less nervousness and irritation.

The women will improve in every way physically. The husband will gain more vigorous manhood and his energy will be greater.

That tired feeling, and the many minor ailments due to wrong eating, will disappear.

In fact, you will find that it is not so much the foods we eat that injure us, as our failure to include with our diet the right foods. You can eat a reasonable quantity of almost any food if you also get the right combinations with the right mineral salts from vegetable substances and if in addition you get the proper supply of vitamins.

Call on your grocer or your druggist today and ask for Vegex. If he has not yet stocked VEGEX send us his name and we will send you

VITAMIN FOOD COMPANY, Gotham Bank Building, New York City

Our "moneyback" offer:

If, after using a jar of Vegex or a can of Vegex almonds or a box of Vitafood wafers, one or all of these—you do not find the results as per our guarantee, then take the partly-empty jar or the partly-used can back to the dealer from whom you got it and get your money back. We will pay that dealer.

Your word and your word alone will decide and there will be no argument. If you are not fully satisfied to continue with this food, simply return what is unused and get your money back—and no charge for the food you used.

This offer, of course, naturally applies on the first purchase only, for only one jar of Vegex and only one can of almonds or one box of wafers. Now will you try these foods today? Especially a jar of Vegex at 50c or 80c or \$1.00. Drink a cup of bouillon tonight and see!

The Secret of Good Health

Assist Nature back to normal action
Take

When Nature requires assistance, she will not be slow in conveying to you an intimation of the fact. Decline of energy, inability to sleep well, headache, biliousness, constipation, a general sluggishness of mind and body and any sign of digestive "unrest" should impel you to seek the aid of a reliable medicine without delay. There is no better—no surer—no safer—than this proven remedy.

Beecham's Pills

Sold everywhere in boxes
10c—12 pills
25c—40 pills
50c—90 pills

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Soap, Ointment, Talcum, etc. everywhere. Sample Free of Cuticura Soap, Ointment, Talcum, etc. to S. M. Allen, Inc.

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GOLD SEAL

Congoleum Week

ALL THIS WEEK

May first ushers a nation wide showing of the fastest selling Floor Covering in America—GOLD SEAL CONGOLEUM. Besides its good wearing quality, it has all the beauty of woven rugs, easy to keep clean, no dusty sweeping or beating.

You will be amazed to find how beautiful these Congoleum Rugs really are, and there is a pattern for every room in the house. Prices are much lower than last year.

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